

## SCOTTISH YOUNG FARMERS TUG OF WAR CHAMPIONSHIP – 2024 (LADIES & GENTS EVENTS)

### ELIGIBILITY

1. This Competition is open to teams from Clubs affiliated to the SAYFC. Please note that this competition now allows for a maximum of two Associate members excluding the Coach to compete.
2. Teams shall consist of 6 pulling members and one coach.  
There will be a weight limit of: **Ladies – 420kg**      **Gents - 510kg**  
(Teams do not have to be in full kit for weigh in, a minimum of shorts & t-shirts must be worn)
3. Only 50 per cent of members of a Winning team can compete in same team again. This does NOT include the coach

### PROCEDURE

1. If more than half of the original team members are unable to go forward to subsequent rounds, then the next highest placed team will represent the District or Region, as appropriate.
2. All heats will be won by two pulls. Teams shall change ends on the completion of each pull.
3. Teams will be divided into two groups with the highest two teams from each group pulling on a knock-out basis to determine the winners. Each Team will be required to pull each other team in their group in the preliminary rounds and points will be awarded as follows:-  

<b>Leagues</b>	<b>Semis &amp; Final Rounds</b>
3 Points to the winners in two straight pulls	3 Points to the winners in two straight pulls
1 awarded to each team in the case of a draw.	Nil Points to the losers in two straight pulls
Nil Points to the losers in two straight pulls	2 Points to the winners in the best of three pulls
1 Point to the losers in the best of three pulls	
4. Should there be a points tie in the preliminary group, the judges should firstly look at the amount of cautions each team has received, then weights, and only if still required go to extra pulls.
5. **BOOTS AND DRESS:** In the Final, all competitors must be suitably dressed. T-Shirts will be provided by sponsor. No raised heel plates, spikes, crampons or protrusions are allowed on boots or shoes. No Commando type soles, i.e. only flat soles will be allowed.
6. **ROPE:** The rope shall not be less than 4" and not more than 5" in circumference (10 cm. minimum 12.5 cm. maximum) without knots or other holding for the hands and the minimum length not less than 35 yards (32 meters).
7. **ROPE MARKINGS:** Three tapes or markings shall be affixed to a rope as follows:-
  - a) A coloured tape or marking at the Centre
  - b) Two white tapes or marking each 13ft.1 @ approximately 4 meters on either side of the center marking.
8. **KNOTS OR LOOPS:** No knots or loops may be made in the rope.
9. **LOCKS:** Every pulling member shall hold the rope with both hands.
10. **ANCHOR-MAN'S GRIP:** The end or anchorman may grip the rope under the arm and pass it over one shoulder, but he may NOT loop into the rope.
11. **THE START:** When the judge has received the sign from the two coaches that all is ready, he shall give the teams the following commands:-
  - a)"Pick up the Rope" - at the same time extending an arm forward and horizontally. The rope shall be held as defined in paragraphs 14-17 FEET BEING FLAT ON THE GROUND.
  - b)"Take the Strain" - At the same time raising a hand above the head (Sufficient strain shall be put on the rope to ensure that it is taut and each man may establish one foothold with the heel or side of the boot of the extended foot).
  - c)"Pull" - at the same time flinging both arms downwards.
12. **WINNING A PULL:** A "Pull" shall be won when one of the side markings on the rope is pulled past the Judge's marker.
13. **FINISH A PULL:** The finish of a pull shall be signaled by the Judge whilst pointing in the direction of the team winning a PULL.
14. **THE JUDGE AND RULE INFRINGEMENTS:** There shall be one judge who shall have sole control with power to appoint Assistants. He has power to:-
  - a) Grant reasonable rest periods between pulls and a minimum of five minutes rest to each team between rounds of any competition.
  - b) To award "No Pull" in the event of both teams being guilty of infringement (in such cases the pull will be re-taken immediately with no rest period or welfare to competitors being permitted).
  - c) To disqualify a team or teams, after caution, or disqualify without caution for any offence against the rules. In the event of a team being disqualified, the pull will be awarded to the opposite side.
15. Should it be necessary to caution a team for any infringement of the rules the Judge shall, in addition to naming the team and calling 'first caution' or 'last caution' also signal such caution by raising his arms to the horizontal position and pointing in the direction of the Offenders. Only two official cautions shall be given during any one pull. Any team guilty of any offence meriting a caution after already having received two official cautions in any one pull shall be disqualified.
16. **RULE INFRINGEMENTS:**
  - a) Persistently sitting or deliberately sitting on a foot or limb, b) Failure to return immediately to the normal pulling position after slipping. c) Willfully touching the ground with the hand. d) Looping the rope. e) Lying on the rope without pulling. f) Ungentlemanly conduct by word or act which is likely to bring the event and/or the SAYFC into disrepute. g) Securing rope under padding.
17. No member or a team i.e. coach, trainer or pulling member is permitted to address any remark to the Judge during actual pulling. Advice sought from the Judge can only be obtained through the coach. Coach must have no physical contact with the team during a pull.

### SUBSTITUTION

1. Team members competing in subsequent rounds of any Competition must comprise at least 50% of the team competing in the previous round. Any member being substituted is not allowed to compete in subsequent rounds of that competition. This exclusion does NOT include the coach.
2. No substitutions can be made following start of competition at either Regional or National Level.  
The Association accepts no responsibility for any injury to competitors.

### ENTRIES

Entries will be allowed as follows: - West Region - 4; East Region - 3; and North Region - 3.